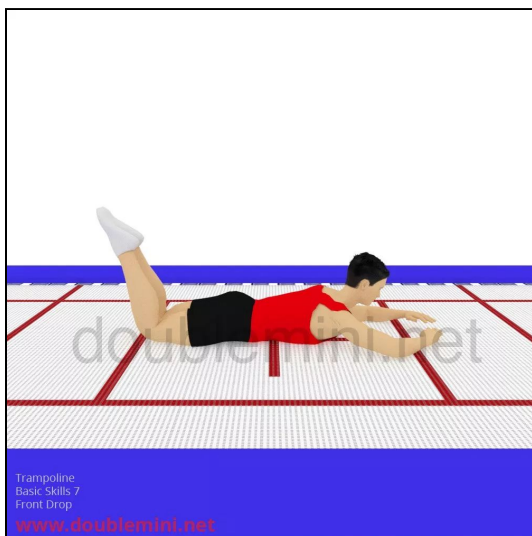


Year 8 Trampolining 100% sheet

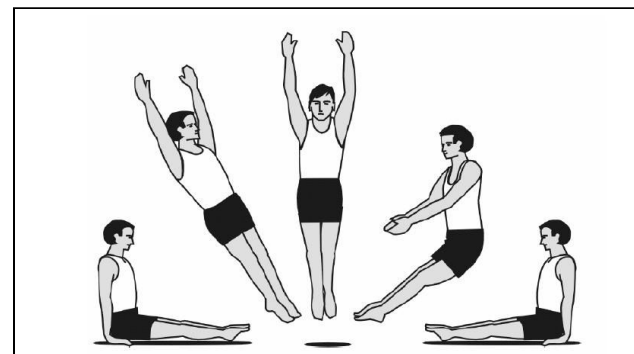


Front Drop

Skill
Straight bouncing
Stopping
Tuck
Pike
Straddle
 $\frac{1}{2}$ Turn
Full Turn

Skill
Seat Drop
Seat Drop $\frac{1}{2}$ turn
Seat Drop $\frac{1}{2}$ turn, Seat Drop
Swivel Hips
 $\frac{1}{2}$ turn Seat Drop
Front drop

Swivel Hips



Trampolining Safety Code

For the safety of all, the following rules must be observed.

- Use the trampoline responsibly and only in the presence of a **qualified Coach or Teacher**
- Always have trained spotters on each side of the trampoline. End decks or safety mats may replace spotters at the end of the trampoline.
- New skills, somersaults, double bouncing, kipping should only be performed after **training and permission** has have been given.
- Jumping from one trampoline to another or from the trampoline to the floor is dangerous and must be **discouraged**.
- Wear non loose PE kit, covering knees and elbows, non-slip socks or trampoline shoes
- Tie back long hair and keep fingernails short. **Remove** jewellery, including body piercing, before jumping on the trampoline.